

# GET THE MEANING READING: MAIN POINTS

*Students practice reading comprehension and  
finding the main point of a paragraph*

## Zone In

### Question of the Week

1. Tell students they will present either a YES or NO to the question. They have 2 minutes to put together their arguments. They will have 1 minute to present.
2. Question: *Is advanced technology making life easier or more complicated?*
3. Group divides into YES and NO sides, or assign. Each group chooses a Speaker.
4. Time 2 minutes. Each side's Speaker presents for 1 minute.
5. Ask for show of hands—YES, NO.

## Topic

### **Get the meaning from reading**

(Materials: **Coping With Stress ♦**)

## Introduction

When you have a reading to do, start by thinking about the topic a bit before getting into the reading. This reading is about stress.

**Ask:** Did anyone ever ask you for advice about stress? (*Allow students to answer yes or no.*)

**Tell students:** This reading is about different ways to deal with stress.

## Activity

Distribute **Coping with Stress ♦**.

**Explain:** The headings for each paragraph are missing. Headings in articles show the main idea of the paragraph or lead into the paragraph. Skimming headings is a good way to get an idea of what an article is about.

**Tell students:** Read the article. Then look at the headings list, pick the best heading, and write it above the paragraph.

Students exchange papers to look at each other's responses.

Discuss answers.

- |                                |                             |                            |
|--------------------------------|-----------------------------|----------------------------|
| 1. (C) Organize and prioritize | 2. (D) Don't put things off | 3. (A) Look after yourself |
| 4. (E) Breathe!                | 5. (F) Stay positive        | 6. (B) Communicate         |

## Wrap Up

**Discuss:** Which advice do you think is best? What advice might you give a friend?



# COPING WITH STRESS

## Match the Headings

Look at the following headings. Then read the article below. Select which heading goes with which paragraph in the reading. Write the heading in the space above the paragraph.

A) Look after yourself

C) Organize and prioritize

E) Breathe!

B) Communicate

D) Don't put things off

F) Stay positive

Stress can sometimes be a good thing. It can give you the motivation to do your best. However, it can also be harmful to your mind and body. If stress goes on for too long, it may keep you from sleeping enough. It may make you more nervous, sad, or sick. Here are 6 ways to deal with stress.

1. \_\_\_\_\_

Decide which things are more important and make a schedule. You will feel in control when you have a plan. A lot of stress is caused by doing things when there isn't enough time.

4. \_\_\_\_\_

Take deep breaths to help your body relax. Breathe in deeply through your nose then breathe out through your mouth. Repeat it ten times.

2. \_\_\_\_\_

Just do it! Do not avoid something because you are scared or you think you will fail. The sooner you take action, the more time you will have if anything goes wrong. Attacking the problem is better than waiting for it to just go away.

5. \_\_\_\_\_

Tell yourself that you can do it. Stress often goes away when you stop thinking negative thoughts.

3. \_\_\_\_\_

Keep your body healthy. Make sure you get enough sleep, exercise, and vitamin C. Cut down on soda and sweet things.

6. \_\_\_\_\_

Talk about your problems with your teachers, parents, or friends. This way you will feel less alone. They also might be able to help once they know how you feel.